

**California Department of Aging**  
**Congregate Nutrition Program Narrative**  
**Older Americans Act Title III C-1**

**Program / Element / Component – 10.10**

**Description**

The Congregate Nutrition Program serves meals in a group (congregate) setting to individuals aged 60 or older. Sites also provide nutrition education, nutrition risk screening and nutrition counseling in some areas. The Program targets older individuals with the greatest economic or social need, with particular attention to low-income, minority older individuals, and older individuals living in rural areas. The Program encourages the use of volunteers and gives all participants the opportunity to contribute to the meal cost. Meals incorporate the Dietary Guidelines for Americans and provide a minimum of one-third of the Dietary Reference Intakes.

**Benefits**

The purpose of the Program is to improve participants' dietary intakes and to offer opportunities to form new friendships and create informal support networks. Since adequate nutrition is critical to health, functioning, and the quality of life, the Program is an important component of home- and community-based services for older people.

**Eligibility**

<i>Income</i>	No requirement
<i>Age</i>	60 or older
<i>Other</i>	Also eligible for meals and other nutrition services are spouses of eligible participants, regardless of age, volunteers who provide needed services during meal service hours, individuals with disabilities who reside with older adults, and older individuals who live in senior housing facilities that provide congregate nutrition services.

**Access**

Information on the Congregate Nutrition Program is available through the statewide toll-free Senior Information Line at **1-800-510-2020** and the California Department of Aging website at [www.aging.ca.gov](http://www.aging.ca.gov).

### Current State Fiscal Year Funding Information (2011-12)

<i>Source</i>	OAA federal funds, State General Fund (GF), local funds, in-kind contributions.
<i>Allocation Formula</i>	Intrastate Funding Formula.
<i>Match Requirements</i>	5 percent State GF 10 percent local program funds 25 percent local administrative funds
<i>Other Funding Information</i>	<p>Transfer of funds between OAA programs:</p> <p>Statewide 40 percent of funds can be transferred between Title III C-1 (Congregate Nutrition) and Title III C-2 (Home-Delivered Nutrition); 30 percent of funds can be transferred between Title III B (Supportive Services) and Title III C-1 and Title III C-2.</p> <p>There is no charge for participation in the Program. Voluntary contributions are encouraged.</p>
<i>Funding Cycle</i>	July 1 – June 30